

Lower Yukon School District Health and Wellness Plan **For Student Nutrition and Physical Activity**

The Lower Yukon Board of Education recognizes the important connection between a healthy diet and physical activity and students' ability to learn effectively and achieve high standards in school.

The educational mission is to improve the health of the communities by teaching our students ways to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition and physical education, the food served in schools, and classroom instruction.

A. Planning and Periodic Review by Stakeholders

The Superintendent or designee is required to establish a group or groups to review, implement, assess and monitor this policy. This group or groups will conduct periodic reviews of the school nutrition and physical activity goals based on the USDA meal program and Department of Education curriculum requirements.

B. Nutrition

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity and diabetes.

Food and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards. To the maximum extent practicable, all schools in the district will participate in available federal school meal programs.

All other foods and beverages sold on campus (including, but not limited to concessions, student stores, classroom parties and fundraising) during the school day will be consistent with nutrition standards developed by the superintendent or designees in administrative regulations. Health curricula will include instruction on the benefits of good nutrition and the role that nutrition plays in preventing chronic diseases and maintain a healthy body weight.

C. Physical Activity

The importance of physical activity will be included in school curricula at elementary, middle, and high school. Health curricula will include instruction on the benefits of regular physical activity and the role physical activity plays in preventing chronic diseases and maintaining a healthy body weight.

Physical education will be closely coordinated with the overall school health program, especially health education so that students thoroughly understand the benefits of being physically active and master the self-management skills needed to stay active for a lifetime.

In accordance with SB200 (adopted Oct. 16, 2016), all K-8th grade students will participate in 54 min. of physical activities each day. This can include recess and structured P.E. time and must occur within the regular school day.

D. Communication with Parents

The district/school will support parents' efforts to provide healthy diet and physical activity for their children. The district/school will send home nutrition information and/or will post nutrition tips on the district website. When possible, the menu for the week will be provided for parents.

The district/school will provide information about physical education and other school-based physical activity opportunities to support parents' efforts to provide their children with opportunities to be physically active. Such supports will include sharing information through websites, newsletters, or other take-home materials, special events, or physical education homework. A good example of a resource is the Healthy Futures Challenge Alaska. www.healthyfutures.ak.org

E. Monitoring, Compliance and Evaluation

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies and administrative regulations. The superintendent or his designee will provide a periodic report to the Board on the District's implementation of the Nutrition Policy and Regulations.

The Board of Education will receive a summary report on district-wide compliance with the establish nutrition and physical activities policies, in cycle with periodic review. The report will also be distributed to school principals for distribution to their stakeholders.

Marketing of only foods and beverages that are consistent with the Smart Snacks Standards are acceptable to be used during the school day. All marketing of noncompliant foods or beverages must be removed from the exterior of vending machines. All posters, coolers, trash cans, cups used for beverage dispensing, etc. promoting noncompliant foods or beverages must be removed from the school during regular school hours.

Rules and Regulations:

NUTITION STANDARDS:

The following specific standards pertain to all foods and beverages provided in school meals, and snacks to Lower Yukon School District students from one hour before school begins prior to a school day until half an hour after school ends that school day.

Food Standards

1. General Standard for Compliant Food

To be allowable, a competitive food item must:

- a. meet all of the proposed competitive food nutrient standards; and
- b. be a grain product that contains 50% or more whole grains by weight or have a whole grain as the first ingredient; or
- c. have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, fish, eggs, nuts, seeds, etc.); or
- d. be a combination food that contains at least $\frac{1}{4}$ cup fruit and/or vegetables; or
- e. contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e. calcium, potassium, vitamin D or dietary fiber).

*If water is the first ingredient, the second ingredient must be one of items b, c, or d above.

Exemptions:

- Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.
 - Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.
 - Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
2. **Total Fats:** Acceptable food items must have no more than 35% of calories from total fat as served. "Reduced-fat cheese, including part skim mozzarella, nuts, seeds and nut/seed butters are exempt from the total fat standard.
 3. **Saturated Fats:** Acceptable food items must have less than 10% total calories from saturated fat as served. "Reduced-fat cheese, including part skim mozzarella, nuts, seeds, nut/seed butters, products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.
 4. **Trans Fat:** Acceptable food items must have zero grams of fat as served.
 5. **Sugar:** Acceptable food items must have no more than 35% total sugar by weight as served.

Exemptions:

- Dried whole fruits or vegetables, dried whole fruit or vegetable pieces and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.
- Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.

- Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
- 6. Sodium: Snack items and side dishes must contain no more than 200 mg. sodium per item as served.
- 7. Calories:
Snack items and side dishes must contain no more than 200 calories per item as served, including any added accompaniments.
- 8. Accompaniments: The accompaniments must be included in the nutrient profile as part food item served and meet all proposed standards.
- 9. Caffeine: Foods and beverages must be caffeine-free with exception of trace amount of naturally occurring caffeine substances.

Beverage Standards

These are the only beverages that are allowed to be served.

1. Elementary School:

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored (no more than 8 fl. oz.);
- Non-fat milk, flavored or unflavored (no more than 8 fl. oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (no more than 8 fl. oz.) and
- 100% fruit/vegetable juice diluted with water, and no added sweeteners (no more than 8 fl. oz.).

2. Middle School

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored (no more than 12 fl. oz.);
- Non-fat milk, flavored or unflavored (no more than 12 oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (no more than 12 fl. oz.) and
- 100% fruit/vegetable juice diluted with water, and no added sweeteners (no more than 12 fl. oz.).

3. High School:

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored (no more than 12 fl. oz.);
- Non-fat milk, flavored or unflavored (no more than 12 oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (no more than 12 fl. oz.) and
- 100% fruit/vegetable juice diluted with water, and no added sweeteners (no more than 12 fl. oz.);
- Other flavored and/or carbonated beverages (no more than 20 fl. oz.) that are labeled to contain no more than 5 calories per 8 fl. oz., or no more than 10 calories per 20 fl. oz., and
- Other flavored and/or carbonated beverages (no more than 12 fl. oz.) that are labeled to contain or no more than 40 calories per 8 fl. oz., or no more than 60 calories per 12 fl. oz.

Schools will provide free potable water in the place where meals are served and elsewhere throughout the school buildings.

Exemptions:

Health Aide/Assistants: The standards do not apply to health aides/assistants using restricted foods during the course of providing health care to individual students.

Accommodating Students with Special Needs: Special needs students whose Individualized Education Program (IEP) plan indicates the use of a restricted food may be given at the discretion of the special education teacher. This is also true of 504 students who have a formal 504 plan that indicates the use of restricted foods and may be provided according to the outlines of the 504 plans.

School Events: Students may be given candy items or other restricted foods during the school day for up to four different events each year to be determined by the individual sites. This could include parties for a holiday (Halloween, Christmas, Valentine's Day, and Easter parties). The school administrator must approve the exempted events. During these events, federally defined Foods of Minimal Nutritional Value may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service must continue to be

available to all students in accordance with federal regulations. On rare occasions, through the superintendent, a building principal may request additional time or events beyond those stated in this paragraph.

Field Trips: School-approved field trips are exempt from the nutrition policy.

Athletic and Other Competitions: The nutrition policy does not apply to students who leave the District/School to travel to competitive events.

Parent Provided Foods: This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide restricted foods for their own child's consumption (although they should be discouraged from doing so). Parents will be encouraged to not bring restricted foods for classroom celebrations. Communication will be provided to parents on nutritional value and restricted foods and reasons to avoid such foods. Communication will be provided to parents about nutritional birthday treats and snacks for in-school celebrations each school year. Academic or discipline plans provided by teachers for parents should include messages about food and beverage restrictions in the classroom. Individual schools within the district shall have the option to develop and implement more restrictive regulations applicable to this section.

Instructional Use of Food in the Classroom: For instructional purposes, teachers may use restricted foods. On rare occasions, at the discretion of the classroom teacher or school administrator, a restricted food may be used to demonstrate some point of science, or to teach aspects of cultural heritage. (e.g. a teacher may want to use a small amount of sugar to have students make agutag). Such an exception, however rare, must never occur during reimbursable school meals or where they are being served.

Traditional Foods: Traditional cultural foods may be exempted from the nutritional requirements when offered free of charge and for educational purposes. Traditional cultural foods offered, as a part of the school breakfast or lunch program must meet nutritional requirements.

Competitive Foods:

Competitive foods are foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program. This definition includes, but is not limited to, food and beverage sold or provided in vending machines, in school stores or as part of school fundraisers when schools are serving Federal meal programs. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, or any other person, company or organization.

All competitive foods sold or provided to students must meet the nutritional standards listed under Nutrition Standards. No foods defined by Federal government as Foods of Minimal Nutritional Value may be sold or in any way made available to students as competitive foods. All revenue from the sale of non-program foods sold in schools from one hour prior to the school day until half an hour after school ends that school day in any location on the school campus must accrue only to the school food service account and is no longer allowed to benefit student organizations or school programs.

The periodic review for the Student Nutrition Policy will be conducted every three years as required by state agency. The School Lunch Advisory Board will be responsible to review, implement, assess, and monitor this policy.

Physical Activity Opportunities:

Schools will encourage students to walk or bike to school where feasible as a way to promote physical activity.

Free time/celebration/parties/rewards/use of television or movies should be used for educational purposes. Rewards/parties/free time activities are acceptable, but staff members are encouraged to choose physical activities rather than sedentary activities.

Recess:

Recess is a valuable part of elementary education. Options for student discipline, which do not involve withholding recess, should be explored and the amount of recess lost should be minimized, as much as possible.

Recess should include age-appropriate options for participating in active play.

Community Schools:

The school district through the Community Schools program will negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school spaces and facilities available to students, staff, and community members before and after the school day, on weekends, and during school vacation. All LYSD schools are tobacco, alcohol, and drug free environments.